

Home Group Helps

Philippians 4:10-13

Joy for the Journey: Being Content

I. Concern Revived (v.10) – ¹⁰ I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity.

II. Contentment Rightly Considered (v.11-12) – ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

III. Confidence in Christ (v.13) – ¹³ I can do all things through him who strengthens me.

1. Launching Question(s):

- What are some signs of discontentment? Of contentment?

2. Observation Question(s):

- What is the source of most people's contentment when they experience it?
- What should be the source of the Christian's contentment?

3. Interpretation Question(s):

- The Puritan Jeremiah Burroughs defines contentment as the following: "Christian contentment is that sweet, inward, quiet, grace-filled condition of spirit which freely submits to and delights in God's wise and fatherly management in every condition."¹
- Consider each of the words of this definition and reflect/comment upon them.
- How does grumbling reflect a discontented heart (see Jude 16)?
- The Greek term for "content" (*autarkeia*), means to be "self-sufficient."
- How does "self-sufficient" relate to the Christian's reliance upon God in faith and the appropriate response of contentment?
- Paul states in vs. 11-12, "I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound . . . I have learned the secret of facing plenty and hunger, abundance and need."
- Being content can be a challenge when things are going well as well as when things are going badly. Why is that?

4. Reflection Question(s):

- How is the experience of joy connected to the virtue of contentment?
- How does forgetting God's sovereignty cause us to lose our contentment?
- How does forgetting God's goodness cause us to lose our contentment?

5. Application Question(s):

- How can you remember the secret of contentment this coming week?

¹ Summers, Rob. *The Rare Jewel of Christian Contentment: Abridged and in Modern English* (Jeremiah Burroughs for the 21st Century Reader) (p. 2). Kindle Edition.